Field Day

List of Activities for Harry Potter Field Day:

1. The Creative Snake

Objective:

* TSWBAT create letters, letters, numbers, and shapes. Also, to cooperate with other team members.

Equipment:

* 4 thirty-foot ropes

Activity:

The creative snake is a shape-building challenge using a rope to create the desired shapes. The teacher announces what shape to make with the rope. It should be a letter, number, shape, or object. After the team creates the desired shape, they must cover the rope completely by lying over it with their bodies. All of the team members must be part of the shape created. Each shape will be considered completed when approved by the teacher.

1. The Four Corners

Objective:

* TSWBAT cooperate and communicate with other team members.

Equipment:

* 4 balance beams (or benches)
* Mats to cover the floor or ground

Activity:

“Four Corners” is created by making a “+” sign with four low balance beams or benches. Each team is issued the challenge to cooperate so that all of the team members touch each corner without stepping off the balances beams.

There is a 3-minute time limit to complete the mission, which makes this a very difficult task. Cooperation and communication are a must. The rest of the teams waiting for a turn should be watching and discussing how they can successfully complete this activity.

1. Wheelbarrow Course

Objective:

* TSWBAT demonstrate upper body strength will doing a wheelbarrow with a partner.

Equipment:

* 6 starting cones
* 4 small cones for each group

Activity:

Place the cones in a straight line for a zig-zag course (about 4 steps apart). One person holds the feet of his partner is a wheelbarrow position. The wheelbarrow zig-zags around the cones to the other end, where the partners trade positions and return around the cones to the starting cone. Divide students into six groups.

1. The Disk Race

Objective:

* TSWBAT demonstrate an understanding of the disk race and work cooperatively with a partner.

Equipment:

* Red and blue disks made from construction paper
* Stopwatches

Activity:

Each class will separate into its Red and Blue teams. Divide the teams into groups of two players. One partner lines up on the left side of the playing area with red and blue disks. They place one disk on the ground and step on it with one foot. They then repeat the action by placing the other disk on the ground and stepping on it. The object of this activity is to move toward their partner by picking up the other side, the two disks are given to the partner who goes back to the other side. Race 3-4 partners at a time. Record the top three times.

1. Ring Toss

Objective:

* TSWBAT demonstrate an underhand tossing motion with a hula hoop while aiming at a target.

Equipment:

* 12 hula hoops (two for each group)
* 6 large cones (one for each group)

Activity:

The first student will take a hula hoop and toss it toward large cone. One hoop is thrown at a time. The person who can ring the most cones is the winner. If no hoops ring the cones, the person closest wins. Divide students into six different groups.

1. Tire Roll

Objective:

* TSWBAT demonstrate strength and balance while rolling a tire.

Equipment:

* 1 tire for each pair of students
* 4 cones for starting and the finishing lines

Activity:

Two students will hold the tire up and race against another pair of students. On the signal to begin, they will roll the tire toward the finish line. When they cross the line they need to sit down with their own tire. A variation on this would be to tie a rope around the tire and tie the other end around the waist of one student. These students would then race down to the finish line dragging the tire behind them.

1. Magic Bubbles

Objective:

* TSWBAT cooperate and get along with each other while having fun blowing bubbles.

Equipment:

* Bubble wands
* Bubble solution

Activity:

This activity is just for fun. Students scatter and spend a few minutes having fun making soap bubbles. This is a rest stop.

1. 1,2,3 Dragon

Objective:

* TSWBAT demonstrate the skills of chasing, fleeing and dodging in a game situation.

Equipment: None

Skill Theme: Chasing, Fleeing and Dodging

Activity:

The players make a straight line with one player behind another. Each player puts his hands on the shoulders of the player in front. The beginning of the line is the dragon’s head. The end of the line is the dragon’s head. The end of the line is the dragon’s tail. The tail yells, “1, 2, 3, dragon!” to start the game. The head player attempts to tag the tail without breaking up the line. If anyone let’s go, the dragon dies and the players rotate. If the head tags the tail the dragon wins!!!!

The players rotate positions if the dragon wins! To rotate positions, the head and the next player in line break away from the front of the line and join on the end. Results: a new head and tail.

1. Lance Throw

Objective:

* TSWBAT demonstrate proper overhand throwing technique.

Equipment:

* 6 pool noodles
* 6 cones

Activity:

This activity is done in relay formation. Divide the class into six groups. Starting at a designated cone, the first six students toss the “lance” (fun noodle) for distance and then retrieve it for the next person in line.

1. Back to Back Course

Objective:

* TSWBAT work cooperatively with a partner while moving with balance and agility.

Equipment:

* 7 orange cones (tall ones) for each group
* 3 jump ropes for each group

Activity:

Place the ends of a jump rope into the tops of two cones to make a hurdle. For each group you will need three hurdles. Place the hurdles about 10 feet apart. Place the seventh cone out a little further.

Divide the class into six groups. The partners sit on the ground back to back and lock elbows. Together they stand up, then walk together over the hurdles, around the cone, and back over the hurdles again. They must stay attached throughout the event.

1. Stepping Stones

Objective:

* TSWBAT work cooperatively with teammates to cross the raging river.

Equipment:

* + Carpet squares or pieces of cardboard for each player
  + Ropes to mark the “raging river”

Activity:

Students are places in groups of six. Each group is given one stepping stone per person. The object is to cross the raging river without falling in (touching the ground) and being swept away. Luckily, each group has a supply of stepping stones that defy the river’s swift running current and they even float! Alas, each stepping stone can support no more than two feet at a time.

Variations:

* Provide fewer stones or provide more stones.
* Widen the river (flash flood).
* Allow only one foot on each stepping stone.
* All stones must be picked up as the group crosses.

1. Hula-Hoop Jive

Objective:

* TSWBAT demonstrate body control while practicing hula hoop skills.

Equipment:

* 1 hula hoop per person

Activity:

Each student competes with one other student by trying to keep the hula hoop spinning the longest. The hoops should be spun around the waist and no hands should be used. Be sure to have plenty of space between students so they will not interfere with others.

1. Broom Stick Race

Objective:

* TSWBAT demonstrate running skills and balance.

Equipment:

* + 1 Broom stick per person

Activity:

Each student will have a broom stick and they will run with the broom in between their legs to the finish line. This will be a 100 yard dash race. Students must keep broom in between legs at all time in order to cross the finish line.

1. Caterpillar Crawl

Objective:

* TSWBAT work cooperatively with a partner while moving with a ball/balloon between them.

Equipment:

* + Ball or Balloon per group of 2

Activity:

Three students will get in a group of three or more. The students will stand one behind the other and place a ball/balloon between them. The students must then keep their hands down by their side and begin walking forward around the cone and back. If the ball falls the students stop, put the ball/balloon back in place and continue.

1. Three Legged Race (Relay)

Objective:

* TSWBAT demonstrate balance, cooperation, and communication while doing the three legged race with a partner.

Equipment:

* + Tire Bands

Activity:

Students pick a partner. They should try and match by size. Partners slip their feet/legs into the tire band. Together they will race down to a certain point and back. It is more important to work as a team than to fall. When the students are done they return the bands to the box.

1. Sack Race

Objective:

* TSWBAT demonstrate a two footed jump while moving in a gunny sack

Equipment:

* + Sacks

Activity:

Students choose a sack and step into it at the starting line. On the command “GO” the students’ race to a certain point and back.

1. River Jump

Objective:

* TSWBAT demonstrate their ability to jump off of two feet and land on one.

Equipment:

* + 2 Jump Ropes (This makes up the River)

Activity:

Have a Co-Ed group of six to ten jumpers go at a time. Jumpers must jump over both ropes to clear the “river” (ropes). Jumpers that land inside the “river” (Between the ropes) are out. Jumpers that clear the “river” are still in. Take one jump rope and move it so it makes the “river” wider. Repeat until finished or time runs out.

1. Soaring Snickers

Objective:

* TSWBAT demonstrate the skill of kicking.

Equipment:

* + Cones to mark farthest kick
  + Students tennis shoes

Activity:

Each student will loosen their shoes and try and kick it as far as they can. Students will do this five times.

1. Monkey Bars

Objective:

* TSWBAT demonstrate upper body strength and coordination while crossing monkey bars.

Equipment:

* + Play ground Monkey Bars

Activity:

The students will cross the monkey bar as fast as they can without falling into the “Fire Pit” below them. The students will do this three times.

1. Goblin Toss

Objective:

* TSWBAT demonstrate proper overhand throwing technique while aiming at a target.

Equipment:

* + Bean Bags
  + Tennis Balls

Activity:

Each Student will throw tennis balls or bean bags at the target (Sportime target wall) trying to score as many points as possible. When the student has scored 30 points they can stop throwing and return the balls back to the bucket.

List of Equipment for Harry Potter Field Day:

* Equipment includes everything listed in the “List of Activities” section
* Station signs (numbered and titled)
* Two megaphones
* Clipboard for each station (station directions will be placed on the clipboard)
* Four large water jugs with paper cups (trash can at each location)
* Two first aid kits
* Four large containers of sun screen
* Two whistles
* Radio for announcements and communication
* 4 Speakers to cover the field area.

Harry Potter Field Day Certificate:

* Sample certificate is attached (this will be on multi-colored tag board paper)
* 375 certificates (one for every participant) + 50 extra certificates
* Certificates will be handed out by classroom teachers at the conclusion of field day
* All participants who display teamwork and sportsmanship will receive certificates

**Field Day Budget:**

**Merchandise Price\_\_\_\_**

**Equipment $0.00**

All Equipment comes from Harry Elementary Physical Education program.

**Certificates $0.05**

Certificates are made off of a school computer and print off at school.

**Lunches $3.00**

**We recommend Students bring their own lunch for those who did not; we offer subway sandwiches for $3.00. We bought 100 sandwiches.**

**Workers/Volunteers $0.00**

**Water $0.00**

**(School Cafeteria)**

**Small Paper Cups (4 packages of 500) $1.49/package**

**Clip Boards $0.00**

**(Donated from other teachers)**

**Sun Screen (4 bottles) $4.99/Bottle**

**Total**

**$349.36**